

Eventing Unmounted Lesson Plan

TITLE: JOG OUTS AT QUALIFYING RALLIES OR CHAMPIONSHIPS

OBJECTIVES

Long Term Goal: Riders will know how to prepare themselves and their horse to correctly perform at a jog-out with their horse and what to do if they are “spun” (disqualified).

Short Term Goal: Riders will learn about appropriate attire for themselves and their horse and practice the steps needed to successfully complete a jog and what to do if “spun”.

EQUIPMENT NEEDED:

Examples of correct attire for people (Share pictures or discuss range from USPC standards expectations to CCI****), a sample Event program that includes a schedule, time and location including the route to jog and the order of go, Inspection panel (mock CHMJ, vet, President of the Ground Jury), an “announcer”, current Eventing Rulebook and HM Handbook, participants in neat attire with helmets and boots on, and horses (without boots) in bridles. You will need an area such as a packed dirt aisle, or lane to jog on and if available, a ring or area where participants can walk their mount safely before and after their turn “jogging”.

AGE & RATING OF STUDENTS:

D1 and up; All ages; Experienced upper level riders can take the part of HM or be part of the Ground Jury. You can also have 1 or 2 upper level riders serve as a model on how to jog with horse in-hand correctly. It is also a good idea to have helpers to make sure that mounts are being walked with a safe distance between them and that they stay in the designated areas.

What (Phases)	How (Exercises, system, games)	Why (Goal Setting)	Time (Estimates can be adjusted)
<i>Intro/ Welcome</i>	Game or Method: Introduce the purpose of jogs and provide information about grooming and preparation for the horse, attire for the competitor. Show picture or describe attire expectations from USPC standards to expectations for CCI**** and why it is important.	Teacher’s goal: Meet the participants. Provide overview and set expectations. Be sure that they understand that if spun, the horse is disqualified and may not be ridden in any part of a rally. The Ground Jury’s decision is final.	10 min
<i>Warm-up</i>	Game or Method: Introduce the mock Inspection Panel and HM staff and describe each person’s role. Pass out the sample Event Program, review route, and assign numbers to participants. Release participants to bridle their horses and put on helmets.	Mental/Physical Prep Check for understanding, see if there are any questions about procedure	10 min 5 min to ready horse

<i>Feedback</i>	<p>Question/Sharing Line up participants in the designated area using HM “assistants” to help the line up and to ensure that there is a safe distance between horses. Be sure everyone understands where helmets will be checked, order of go, jog route, and where to go if “spun”.</p>	<p>Teacher’s Assessment Check for understanding. Assemble group. Know your horses and their serviceable soundness. You may wish to “spin” some horses without cause for examples. Warn riders if you intend to do that.</p>	5 min
<i>Transition</i>	<p>Practice or one time around to get idea of lesson/game, relax With the Inspection Panel and announcer in place, model how to jog correctly with 1 or 2 riders who can demonstrate following directions, moving from point A to point B with whip in hand if necessary to keep horse moving freely forward and waiting to hear at B if “Passed”. (In actual rally they would then return to their stall.).</p>	<p>Cement for lesson Verbally confirm what was done. (Plan on having riders return to the end of the line so that everyone gets more than one practice run) Be sure they know where to go and what to do if “spun”</p>	10 min
<i>Lesson</i>	<p>Game/Method to teach Goal: Start the jogs! Proceed ahead just as if you were at a Rally except that participants return to the end of the line for a repeat jog practice. Be sure to spin a few horses and that the participants walk these horses in the designated area and then are given a chance to re-jog at the end of the line. Repeat as necessary.</p>	<p>Achieve Goal Participants get a chance to trot the horse out correctly and observe, what happens when a horse is “spun”.</p>	10 min
<i>Conclusion/ Feedback</i>	<p>Slow paced game/activity while teacher & students ask/answer questions Conclude with a quick positive review of what you saw. Perhaps assign “homework” to those with horses who do not trot out readily.</p>	<p>Check for understanding and/ feedback for next lesson Check for understanding. Re-state anything that you have observed & need to emphasize.</p>	3-4 min